

# ARFSTROM FAUNT TEEN HOME-II PROGRAM STATEMENT

The Chippewa County Family Project (CCFP) is a non-profit 501c 3 organization which provides administrative oversight to the Arfstrom Faunt Teen Home II-Independent Living Program. The Arfstrom Faunt Teen Home II-Independent Living Program is a private, non-secure state-licensed Child Placing Agency accredited by CARF.

## **SECTION 1: INDEPENDENT LIVING DESCRIPTION**

Located in Eastern Upper Peninsula, in Sault Ste. Marie, Michigan, the Arfstrom Faunt Teen Home II-Supportive Independent Living Program (AFTH-II SIL) supports up to (5) male residents between the ages of 16 – 20-year-olds in building independent living skills while managing their mental health and overall wellness. AFTH-II SIL has five single bedrooms with 16-hour staff support while they develop life skills, self-discovery, and self-sufficiency. AFTH-II SIL is a program that is structured for long-term placement which can lead up to 24 months, but the length of treatment varies with each resident and depends on the clinical assessment that identify less intensive level of care or independence.

Residents are required to attend either school, work, or structured independent living programming daily. The AFTH-II SIL is designed for individuals who are ready to learn how to live in a less structured environment. This facility has developed a life-changing environment that helps underachieving young adults form the necessary skills that will assist them in transforming their thinking and cross the bridge that leads to adulthood.

### **THESE SKILLS INCLUDE:**

- Goal setting.
- Financial planning.
- Cleaning.
- Time management.
- Vocational training.
- Etiquette.
- Sleep hygiene
- Ending self-defeating behaviors.
- Learning how to have fun in a safe way.
- Effective communication.
- Exercise.
- Nutrition.

AFTH-II SIL also provides services that are team-based, and include multiple therapeutic approaches, intensive case management, skill-building, fiscal management, relationship-buildings, community living activities, and overall development of individual strengths. AFTH-II SIL staff practice a young-adult-adapted version of person-centered therapeutic models, which are evidence-based practice measures to increase emotion and behavior regulation and interpersonal skills that are effective in crisis prevention and intervention models for residential care providers.

AFTH-II SIL will provide access to evidence-based supported employment and supported education. By linking these two vocational programs with clinical support, our young adults will

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build work and school experience that prepares them for employment and post-secondary education opportunities. Furthermore, all residents will work with a transition specialist who will link them to future benefits of support services.

## **SECTION 2: ADMISSION/REFERRAL**

A shared experience among all AFTH residents is their aspiration to achieve their life goals, even if they have not yet realized them. Whether due to trauma, mental health struggles, or acting out in some way, all our residents have deviated from their intended path and/or struggled to establish a clear path to get where they want to go in life. We assist residents in developing a sharp vision and figure out how to execute it, while also resolving whatever issues are getting in the way of their goals.

Each prospective referral received from the Department of Health and Human Services-Resident Placement Unit, is evaluated based on the clinical need and if the facility can incorporate the appropriate services to ensure the health, safety, and success of all residents. If accepted into the facility, the resident, family, and/or DHHS Case Managers will be provided information on admission, care, safety, supervision, methods for addressing resident's needs, implementation of treatment plans, and discharge of residents. Each resident will receive a designated stipend monthly from DHHS which will assist in the contracted room rent to maintain the resident's compliance. AFTH II-SIL will ensure that no resident is required to pay room rent that exceeds 30% of the monthly stipend provided. This will be monitored by the social services worker and/or designee. Any/all notifications required prior to entry will be sent via U.S. Postal Services to the family and/or designated guardian of individual.

During admission, all residents will be provided a tour of the facility, a review and hard copy of all the services offered, authorization of the contract terms and conditions for placement, and review of the facility policies and procedures. All documentation will be noted and acknowledged for understanding by all parties. This will be documented within each resident case file.

AFTH II-SIL has demonstrated the knowledge and skills for treating:

- Trauma-Informed Care
- Anxiety
- Depression
- ODD
- ADHD

Our residents typically experience either one of the above issues or multiple co-occurring challenges. Residents do not have to experience all of them or any one of them to thrive at AFTH-II SIL, but these are the five challenges we are best known for helping our residents overcome.

A certain level of willingness to accept assistance is valuable among our residents. Our expertise lies in nurturing their confidence and cultivating a profound sense of belonging. Through the

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practice of esteemed actions, self-esteem flourishes, allowing our residents to both feel their best and be their best – a reciprocal journey.

WE ARE NOT THE BEST FIT FOR SOMEONE WHO:

- Has Active Psychosis
- Is Violent
- Has an FSIQ Lower Than 90
- Is Oppositional Defiant
- Has an Active Eating Disorder
- Does Not Wish to Change Anything
- Is Unable or Unwilling to Be Sober While in Treatment

Because we are a trauma-informed, collaborative environment working exclusively with young male adults who are seeking a change, our comprehensive and selective admissions process ensures that individuals best suited for the AFTH-II SIL experience join our community.

AFTH-II SIL does not hold any prejudice to a prospective resident's history for admission consideration. However, we are not equipped to service the severely mentally limited and/or disabled.

## **SECTION 3: SUPERVISION**

AFTH-II ILP provides 16-hour onsite staffing. AFTH-II-SIL will provide a minimum of one on-duty direct care worker for every four residents during (8) waking hours. AFTH-II SIL will provide a minimum of one on-duty direct care worker for every four residents during (8) sleeping hours. At night, staff will be onsite for an emergency and/or checks on all residents. Staff are trained in various models for quality improvement, safety, crisis management/intervention, and behavioral management programming to provide the best services for the youth in AFTH-II SIL care and supervision.

AFTH-II SIL provides each resident with a person-centered treatment plan that has coordinated interventions, psycho-educational, and a therapeutic structured programming. All interventions are evidence-based and include trauma-focused interventions. Each program is modified based on the identified behaviors documented in case records, self-report, and coordination with outside agencies. All treatment plans will include behavioral management, educational services, mental health treatment (individual and group), life skills, and community linkages.

## **SECTION 4: EDUCATION**

Our residents come to us with a history of academic struggles including underachievement, low motivation, and learning differences. Residents who may have a combination of trauma, anxiety, depression, substance use, and ADHD often have faced difficulties with academic success. Lack of academic success due to any of these factors can have a significant impact on mood and self-esteem and can lead to a belief that higher education is unattainable.

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At AFTH II SIL, our Master's-level academic coordinator and case manager offer our residents expert help in the following areas:

- College applications
- Project planning
- One-on-one tutoring
- Time management
- Understanding syllabi and planning assignments
- SAT prep
- ACT prep
- GED prep
- High School completion

We provide our residents with transportation to class, computer access, and all the tools and support they need to excel in traditional and/or online educational settings. We also provide a united front across the spectrum of our academic, residential, and clinical teams, addressing the issues that have held our residents back in the past and supporting them in innovative approaches to school that translate into real success.

## **High School Completion**

Completing high school while at a young adult transition program can provide an excellent opportunity for residents to reach this important milestone while also gaining other necessary life skills simultaneously. At this age, returning to a traditional high school setting may feel like a step backward and depending on the number of credits a resident has left to finish, it can take quite a while. AFTH II SIL will assist high school aged residents with three options for attaining their diploma including finishing their credits by attending the Sault Area High School, attending Sault Area Alternative School, or assistance in the General Education Diploma program in Chippewa County School Districts.

## **College/University Enrollment**

Some of the residents may have already received a high school diploma or GED from a recognized program. Residents who would like to continue their academic success will have the opportunity to enroll in different options that are available which include but not limited to: Lake Superior State University, Bay Mills Community College, Sault Area Technical Courses, or an accredited online college/university. Each resident will have a person-centered care plan that will assist toward their overall education goals.

## **Academic Advising**

In addition to receiving individual coaching and support from their Case Manager, residents can also collaborate with our master's-level Academic Advisor. With over 15 years of experience in social worker academics, she has remarkable success helping adolescents/residents navigate the college application process and credit transfers, as well as helping residents learn to identify and access supports within their school system, a skill that will benefit the resident after they leave AFTH.

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Developmentally speaking, young adulthood is naturally a time of self-discovery and decision-making as it relates to education and vocation. Many of our residents, however, come to us lacking a sense of direction, interest, or intrinsic motivation. We provide the opportunity for career development and exploration to help residents begin to conceptualize their futures.

## **Tutoring Services**

If deemed necessary, each resident will have the option for tutoring services both in the facility and at the school of selection. The Educational Specialist will create an education plan with the resident to ensure the best selection. All residents within this selection will have weekly reports from the school and establish a plan for course make-up and/or recovery services.

## **IEP/504 Plan**

Prior to arriving, the Educational Specialist will confirm any previous or current IEPs or 504 Plans for a resident. This will ensure that upon entry into the facility and admission into public school/school of choice, the required 30-day review meeting is initiated immediately.

Throughout the stay of the resident, staff will be coordinating with the school on a regular basis to maintain compliance. All residents, regardless of status upon entry, will be monitored for further testing and/or services related to their educational success.

## **SECTION 5: CAREER/JOB PLACEMENT**

While in our program, residents have access to a career matching and personality report. This assessment generates helpful, individualized information that residents can use to make decisions about educational paths and future career directions.

The Greenwood System is a research-tested, dependable, and valid career matching process that uses up-to-date psychometric tests to explore four domains which include Abilities, Interests, Values, and Personality. The intersection of these four domains is where the Greenwood System finds the best career matches.

Residents who choose to complete the assessment review the findings with their treatment team and formulate short-term and long-term plans that can help them reach their career goals. For residents who previously lacked motivation, direction and a sense of purpose, this process can propel them forward with newfound excitement about their future. In short, if you want to work while you are here, you will. But we take it a step further, also helping identify long-term passions and a clear career path.

AFTH-II SIL residents often had little or no sustained success in the job market prior to enrolling with us. Some have had brief forays into careers that were cut short because emotional issues or negative behavior hampered their performance. Our experienced staff members specialize in helping our residents build confidence through success in the workplace.

Behavioral issues, time management, ADHD, trauma, depression, social anxiety, and substance abuse are all issues which can interfere with young adults successfully entering the workforce. At AFTH-II SIL, we help our residents overcome these obstacles and enjoy vocational success.

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Each resident is assigned an experienced case manager, who helps them navigate the logistical and emotional pitfalls that might otherwise make securing and keeping gainful employment impossible.

## **The case managers and clinical team help in the following areas:**

- Career counseling.
- Vocational training.
- Resume building.
- Job interview skills.
- Following through after an interview.
- Time management to ensure timely arrival for work each day.
- Balancing work and play.
- Handling workplace conflict.

Practical “life skills” are crucial skills that encourage balanced and healthy living. We prepare our residents to live independently and instruct them on many things including but not limited to:

- Budgeting and money management
- Cooking
- Cleaning
- Self-care
- Physical health through nutrition and exercise
- Applying and interviewing for jobs
- Time Management and scheduling
- Many other aspects of etiquette and social protocol

## **SECTION 6: MENTAL HEALTH SERVICES**

### **Individual Therapy**

A licensed mental health professional will provide all residents with therapy services which will include a minimum of one individual therapy session and the second session being either individual, group or family therapy as determined by their individual treatment plan. Trauma-informed therapy is not about a specific intervention but rather tailoring interventions in the context of the resident’s trauma history, triggers, and specific needs. It is a lens through which the therapist views their residents, considering the impact of trauma on emotions, regulation, and behavior. They will also consider the effects of intergenerational trauma on residents.

Trauma-informed therapists emphasize the following areas in their practice:

1. Physical and emotional safety. A trauma-informed therapist will take steps to ensure that residents feel both physically and emotionally safe in their sessions.
2. Collaboration. Trauma-informed therapists aim to empower residents by educating them about their options and giving them an active role in their care.
3. Transparency. Trauma-informed therapists are open and honest with residents.
4. Competency. Trauma-informed therapists make sure that they are educated and up to date in research and best practices for working with residents who have experienced trauma. They are also aware of the unique cultural considerations that each resident experiences.

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## **Group Therapy**

A contracted/licensed mental health professional will host a small group of residents together as a “group therapy session.” The group format may include art therapy, cognitive behavioral therapy, or interpersonal therapy, life skills, self-care, but is usually conducted through a mechanism of change by developing, exploring and examining interpersonal relationships within the group. All standards as discussed in the trauma informed therapy section applied within each format.

## **Psychiatric Consultation/Oversight**

A contracted/licensed professional, which may be any of the following: Medical Doctor, Psychiatrist, and/or Authorized Medical Professional Specialized in Adolescent/Adult Psychiatry, will provide psychotropic medication consultation. These sessions/visit will be held either in person or by a telepsychiatry appointment. All psychotropic medication management will be provided by the said professional for each resident upon admission and maintained until discharge from the AFTH-II facility.

## **Psychological Services**

A contracted/licensed psychologist will provide all residents with a clinical mental health consultation upon intake. There is often a dual purpose to mental health consultation and mental health therapy evaluations, such as: (a) problem solving with a resident on a specific mental health issue with a resident and (b) giving the resident added skills and insights that will enhance his or her future functioning in dealing with a resident’s problems. This consultation has several subtypes, including person-centered consultation, which focuses the consultant’s attention on effective intervention for the resident; and resident-centered consultation, in which the consultant focuses on remedying shortcomings in the resident instead of solely addressing the problems of the resident.

## **SECTION 7: HEALTH CARE**

### **Medical/Dental**

Prior to arrival, the contracted/licensed Nurse for the facility will review the medication list, previous medication history, and current conditions. Any/all requests for additional information will be made at this time. Upon arrival, all residents will be assessed by the Nurse and all initial clinical documentation will be completed. Within the first 7 days at the facility, the medical and dental appointments will be coordinated with resident and staff to ensure a primary care provider is secured. The resident will be able to utilize a pharmacy of choice to accept a new patient and coordination on delivery of medication services. All primary care services will be utilized as scheduled and/or as necessary by the resident and/or case manager.

## **SECTION 8: NUTRITION**

Addiction, depression, and anxiety over prolonged periods of time can cause damage to our bodies. Some examples include gastrointestinal problems, muscle atrophy, and nutrient deficiencies from a lack of proper food sources. All of these, if gone unaddressed, have the

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potential to cause more severe and even deadly health issues. Many studies have shown that nutrition is a key part of feeding the brain and reducing anxiety and depression symptoms. We educate our residents on nutrition and health, and coach them to do their own grocery shopping and cook their own meals.

Exercising this choice is usually the only way that our residents can improve their health over the long term. We provide emotional support, as well as the brass-tacks relationship skills, to help our residents do just that. Nutrition, when combined with therapy, exercise, supportive peer interaction, and mindfulness, work synergistically to help our residents feel their best.

AFTH-II SIL is in an optimal rural area which may provide a safe and natural atmosphere that lends itself to self-reflection and personal growth. Our user-friendly, community integrated campus is just stepping away from coffee shops, restaurants, and world-class hiking and biking trails, including just a short distance from two well-known areas attractions: Tahquamenon Falls and Mackinaw Island.

## **SECTION 9: OTHER RESOURCES**

AFTH-II SIL has several partnerships with outside agencies to provide additional resources to the residents within the facility. Within a 5-mile radius, AFTH-II SIL has direct access to indoor skating rinks, indoor gymnasiums, a rock-climbing wall, bowling, life guarded swimming pools, parks (outdoor basketball/volleyball/tennis/baseball/football), hiking trails, and designated fishing areas. For residents interested in cultural services, two local Federally Recognized Tribes are within a 30-mile distance and can assist with traditional activities and services. Residents who would like to attend religious or spiritual ceremonies could designate a preference to join within the area.

CCFP-AFTH II SIL has a QR Code that will provide direct access to the organization's website, social media, local attractions page, hotels/restaurants page, and electronic donations methods.

